

Infant and Children Low Weight for Height (AK 11-USDA 103)

Explain to Participant	Your infant/child is enrolled in the WIC program today because he/she is \leq 10% weight for length or height or \leq 10% BMI. The 10 th percentile is used as a cut-off for WIC as a preventive measure. Some infants/children grow along the 10% of weight for length or height. But, for others it may mean they are not eating enough calories and nutrients. Underweight alone may not be a problem, but it is a sign that tells us to look closely at his/her diet. Poor diet can cause more frequent illnesses and slow growth in infants/children. Your infant/child may have become underweight because of rapid growth or illness.	
Goal	The goal is to help underweight infant/children gain weight for them to growth healthy.	
Suggestions for Reducing Risk	<p>Attend all check-up appointments with your child's health care provider.</p> <p>Follow the recommendations of your health care provider.</p> <p>Refer participant to a Registered Dietitian (RD).</p> <p>Explain the nutrition education material suggested.</p> <p>Offer breastmilk or iron-fortified formula for the entire first year.</p> <p>Explain infant cues and practices.</p> <p>Offer a variety of foods from all the food groups every day.</p> <p>Avoid the temptation to force-feed your child.</p>	
Nutrition Education Material Suggested:	Foods for Your Baby's First Year & Hot Food Facts For Cool Kids	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Iron Fortified Infant Formula	Protein, Calcium, Vitamins A & C, Iron
	Iron Fortified Infant Cereal	Iron
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Materials with More Information	<p>Bright Futures for Infants</p> <p>You Can Help Your Child Gain Weight</p>	